



JBSA Family Advocacy

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Anger Management (RAFB) 1 of 4 1000-1200 Eff. Communication (RAFB) 1 of 4 1300-1400	5 Active Parenting (LAFB) 1 of 4 1330-1530 Time Management (RAFB) 1 of 1 1200-1400	6 Scream Free Marriage (FSH) 1 of 4 1100-1300
9 Anger Management (FSH) 1 of 3 1300-1500	10 Infant Massage (RAFB) 1 of 4 0900-1030	11 Anger Management (RAFB) 2 of 4 1000-1200 Eff. Communication (RAFB) 2 of 4 1300-1400	12 Active Parenting (LAFB) 2 of 4 1330-1530	13 Scream Free Marriage (FSH) 2 of 4 1100-1300
16	17 Infant Massage (RAFB) 2 of 4 0900-1030	18 Anger Management (RAFB) 3 of 4 1000-1200 Eff. Communication (RAFB) 3 of 4 1300-1400	19 Active Parenting (LAFB) 3 of 4 1330-1530	20 Scream Free Marriage (FSH) 3 of 4 1100-1300
23 Anger Management (FSH) 2 of 3 1300-1500	24 Infant Massage (RAFB) 3 of 4 0900-1030	25 Anger Management (RAFB) 4 of 4 1000-1200 Eff. Communication (RAFB) 4 of 4 1300-1400	26 Active Parenting (LAFB) 4 of 4 1330-1530	27 Scream Free Marriage (FSH) 4 of 4 1100-1300 Dad's the Basics (LAFB) 1 of 1 1330-1630
30 Anger Management (FSH) 3 of 3 1300-1500	31 Infant Massage (RAFB) 4 of 4 0900-1030			

CLASSES OFFERED AT FT. SAM HOUSTON – Register for FSH classes by calling 539-6350

Anger Management 9, 23, 30 January / 1300-1500/ MFRC (ACS) #2797 - comprehensive anger program for those who want to learn to cope with anger in a group setting. Learn healthy and productive ways to deal with anger emotions.

Scream Free Marriage: 6, 13, 20, 27/ 1100-1300 / Military and Family Readiness Center Bldg. # 2797 – This workshop helps couples learn and understand that conflict is unavoidable, but how to embrace their differences. Learn to relate to others by being calm, cool and connected. Learn ways to put couples on the path to intimate independence.

HUGS Playgroup Every Thursday 1000-1200 at Teen Center #2515

CLASSES OFFERED AT LACKLAND – Register for LAFB classes by calling 292-5967

Active Parenting of Teens: 5, 12, 19, 26 January / 1330-1530 /HAWK – This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years.

Dad's: The Basics: 27 January / 1330-1630/ HAWK– This class is intended to give you some basic information about becoming a dad and your role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant and managing family issues

Playgroup Every Thursday 09:30-11:15 at CAMP building

CLASSES OFFERED AT RANDOLPH – Register for RAFB classes by calling 652-2448

Time Management & New Year's Resolutions 5 January / 1200-1400/ Heath Promotions - for those who want to examine learn time management techniques to successfully reach their new years resolution goals.

Anger Management 4, 11, 18, and 25 January / 1000-1200/ Health Promotions - 4 week comprehensive anger program for those who want to learn to cope with anger in a group setting. Learn healthy and productive ways to deal with anger emotions.

Effective Communication in Conflict Resolution 4, 11, 18, 25 January/ 1300-1400 / Health Promotions - participants examine personality types, communication styles, coping with and resolving conflict through effective communication techniques.

Infant Massage 10, 17, 24 January/ 0900-1030 / Health Promotions - for those who want to learn to relax their child and decrease stress for you and your baby. It can relieve discomfort from constipation, gas, and colic. It helps to normalize muscle tone, improve blood circulation, helps baby sleep better, and stimulates brain development while improving sensory awareness. Ages *6wks-12 months*